



My Healthy News

MHLA Participants' Newsletter

NEW SERVICES ADDED TO MY HEALTH LA TO HELP IF YOU HAVE A PROBLEM WITH DRUGS, ALCOHOL AND TOBACCO

If you have a problem with alcohol, drugs or tobacco, now you can get **FREE** treatment services! Everyone enrolled in My Health LA (MHLA) can get these services at **NO COST**. And now, MHLA has added **NEW** alcohol and substance use treatment services and **NEW** smoking cessation services!



MHLA has new ways to help you stop smoking, drinking or using drugs.

MHLA is working with the Los Angeles County Department of Public Health (DPH) Substance Abuse Prevention and Control Division (SAPC). Together, we bring these alcohol and drug treatment services available to you at **NO COST**. The program to help you stop smoking is funded by DPH and First 5 California.

WHAT ALCOHOL/DRUG TREATMENT SERVICES CAN I GET?

- ♦ **Early Intervention:** This is screening, immediate help, and referrals for ongoing substance

abuse treatment at your medical home clinic.

- ♦ **Outpatient:** You get treatment for up to 9 hours per week.
- ♦ **Intensive Outpatient:** You get treatment for up to 19 hours per week.
- ♦ **Residential:** (sometimes called "Inpatient")—This is where you temporarily live at the alcohol and drug treatment center while you get help.
- ♦ **Residential Medical Detoxification and Withdrawal Management Services (New Service!):** This is a program where you temporarily live at the alcohol and drug treatment center and medical staff will help you get rid of alcohol or drug toxins in your body.
- ♦ **Opioid Treatment Programs (OTP) (New Service!):** This is a program with care from doctors and mental health counselors to help you with opioid addiction.

- ♦ **Additional Medication Assisted Treatment:** This is when you receive medicine with counseling and therapy.
- ♦ **Recovery Bridge Housing (New**

Service!): This is a sober living program for people in outpatient programs.

- ♦ **Case Management:** These are referrals to help with your substance use treatment. This includes help from other health, mental health and social services.

HOW DO I GET HELP?

- ♦ Call DPH's Substance Abuse Services (SASH) Helpline at **1-844-804-7500**.
- ♦ Talk to your doctor at your medical home clinic. They can refer you into treatment.
- ♦ You can find more information at LA County DPH SAPC's website: <http://ph.lacounty.gov/sapc>.

WHAT IF I NEED TO QUIT SMOKING?



If you smoke, and you want to stop, your MHLA medical home clinic can help you. This program is **FREE!**

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Stop Smoking with MHLA

With this program, you will receive:

- ◆ Up to four 30 minute sessions;
- ◆ Counseling services;
- ◆ Special help for pregnant smokers, tobacco chewers, and teens;
- ◆ Free nicotine patches for qualified people.

These services are available Monday—Friday, 7 am to 9 pm, and Saturdays from 9 am to 5 pm.

For more information, you can also visit:
www.nobutts.org, or call **1 (800) NO-BUTTS**.

Lost Your MHLA ID Card?

If you lost your MHLA ID card, call MHLA Member Services at 1 (844) 744-6452. We can order you a new one right away. It's free to replace it.

Call as soon as possible because it takes a few weeks to get it to you. Your medical home clinic can also help you if you are not sure what to do. Although you don't need to show your card at your medical home clinic, some County clinics and hospitals may ask for your card. You will also need it to get your medicine at a pharmacy.

Remember, keep your MHLA ID card with you at all times!



My Health LA

Department of Health Services-Managed Care Services
1100 Corporate Center Drive, Suite 100
Monterey Park, California 91754

Your information is always safe at MHLA

At MHLA, we want to assure you that your personal information is safe with us. We do not give it to anyone outside of the County. **MHLA does not share your information with immigration agents.**

Any information you provide when applying for MHLA is only used to enroll you in the MHLA program—not for immigration purposes. This is also true for Medi-Cal and for Covered California.

Do not be afraid to go to the doctor, your clinic, the hospital or the emergency room to get the health care you or your children need.

Do not let fear stop you or your family from enrolling or renewing in MHLA. Your information is safe with us.

Our doctors, nurses, and medical home clinic workers care about you. We speak many languages and will protect your privacy.

The MHLA program is not going away, regardless of what happens to the Affordable Care Act (or “Obamacare”). MHLA participants can get medical care with no fear. MHLA is still here to help you.

If you have any questions, please contact our MHLA Member Services Department at 1 (844) 744-6452.

Please be well, stay healthy, and have a good summer.

